

City	Region	Virtual (V) or In-Person (IP)	Name	Address	Meeting Details	Contact person	Email address	Phone number	2nd Contact person	2nd Email address
Aldie	NW	IP, V	Stroke and Brain Injury Support Group - Aldie	Encompass Rehabilitation Hospital of Northern Virginia 24430 Millstream Drive Aldie, Virginia 20105	Third Thursday of the month 4:00 PM - 5:00 PM Eastern	Taylor Payne DPT	Taylor.Payne1@encompasshealth.com	(703) 957-2042	Suma Kulkarni DPT	Suma.Kulkarni@encompasshealth.com
Arlington	NOVA	IP	VHC Health Stroke Survivors Group Sign-up at https://vhc-stroke-survivors.kit.com/	VHC Health Outpatient Pavilion 1851 N George Mason Drive Arlington, Virginia 22205	2nd Tuesday of Month Garden Level Conference Room; 5:30 PM - 7:00 PM EST	Melissa Gray, RN	strokesurvivors@vhchealth.org	(703) 558-8536	NA	NA
Blacksburg	SW	IP	New River Valley Brain Injury Support Group	3700 S Main St Blacksburg, Virginia 24084	Second Tuesday, Monthly 6:00 PM - 8:00 PM Eastern	Terri Shelor	tshelor@radford.edu	(540) 831-7196, (540) 831-7640	Rebecca Epperly	rdepperly@radford.edu
Charlottesville	NW	V	Charlottesville Brain Insult Support Group	Virtual: Zoom link provided. https://elizabethcottonne.com/	First Thursday of the month 12:00 PM - 1:30 PM Eastern	Elizabeth Cottone, PhD	cottonneelizabeth@gmail.com	(434) 996-9189	Beth Cottone	www.elizabethcottonne.com
Charlottesville	NW	IP	Stroke Comeback Meeting	UVA Encompass Health Rehab Hospital, 540 Belvedere Blvd, Charlottesville, Virginia 22901	4th Wednesday of the month 4:30 PM -5:30 PM Eastern	Beth Curtis, OTR/L	Beth.Curtis@encompasshealth.com	(434) 244-2069, 434-244-2000	Brandi Houck	Brandi.Houck@encompasshealth.com
Fairfax	NOVA	V	Inova Fairfax Hospital Stroke Support Group	Virtually	Currently 1st Tuesday of the month/virtually, 7:00 PM - 8:30 PM Eastern	Katy Brown	fairfaxstrokesupport@inova.org	703-776-3476	NA	NA
Fredericksburg	NOVA	IP	Mary Washington Healthcare's Stroke Support Group	Tompkins-Martin Medical Plaza 1101 Sam Perry Blvd., Classroom B Fredericksburg, VA 22401	1st Tuesday of every month, 6:30 PM–8:00 PM. An ongoing resource for stroke survivors and their families or caregivers.	Susan Halpin Stroke Coordinator	susan.halpin@mwhc.com	(540) 741-4815	NA	NA
Front Royal	NOVA	IP	Front Royal Stroke Support Group	Front Royal, Virginia 20136	Monday, Every Month 4:30 PM - 6:00 PM Eastern Defers Based on activity	Juhi Vora	jvora@valleyhealthlink.com	(540) 635-0730	NA	NA
Galax	SW	IP	Twin County Stroke Support Group	199 Hospital Drive Suite 1 Galax, Virginia 24333	2nd Thursday of every month 1:00 PM - 2:00 PM Eastern	Rebecca Johnson, OTR/L	rebecca.johnson1@lpnt.net	(276) 236-1675	NA	NA
Lynchburg	SW	IP	Centra Health Brain Injury Support Group	Lynchburg Family Residency 2323 Memorial Ave, Suite 10 Lynchburg, VA 24501	4th Thursday each month, 1:00 PM - 2:00 PM.	Kaitlin Riley	Kaitlin@bisolutions.org	434-993-8417	NA	NA
Manassas	NOVA	IP	Manassas Stroke Support Group	Prince William Medical Center 8700 Sudley Rd Manassas, Virginia 20110	3rd Thursday, Monthly 10:00 AM - 11:30 AM Eastern	Surabhi (Chikki) Rao, OTR/L	chikki.rao@gmail.com	(703) 434-0509	NA	NA
Marion	SW	IP	Stroke and Brain Injury Support Group of Southwest Virginia	1 Health Way Marion, Virginia 24354	Lifetime Wellness Center 2nd Monday, Monthly 6:00 PM - 7:00 PM	Christy Vaught	kcvaught92@gmail.com	(276) 685-1205	Hannah Caudill	strokegroupswva@gmail.com

Martinsville	SW	IP	Martinsville Area Stroke and Brain Injury support group	Sovah Health 320 Hospital Dr. Martinsville, VA 24112.	2nd Friday of each month 11:00 AM-Noon	Linda Adams	linda@bisolutions.org	NA	NA	NA
Mount Vernon	NOVA	IP, V	Stroke Survivor Support Group Inova Mount Vernon Hospital	Inova Mount Vernon Hospital 2501 Parkers Lane Alexandria, VA 22306 2nd Floor Engh Conference Room	Every 4th Tuesday of the month; 4:00 PM - 5:00 PM.	Katelyn Wing	Katelyn.Wing@inova.org	NA	Morgan Farrell	Morgan.Farrell@inova.org
Mount Vernon	NOVA	IP	Stroke Caregiver Support Group Inova Mount Vernon Hospital	Inova Mount Vernon Hospital 2501 Parkers Lane Alexandria, VA 22306 2nd Floor Engh Conference Room	Every 4th Tuesday of the month; 4:00 PM - 5:00 PM.	Ayasia Alfred	Ayasia.Alfred@inova.org	NA	Maria Bruce	Maria.Bruce@inova.org
Newport News	East	IP, V	Riverside Rehabilitation Hospital (Yorktown) Stroke Support Group	250 Josephs Drive Yorktown, VA 23693	3rd Thursday of each month 10:30 AM–11:30 AM - Cafeteria	Katie Sherlock	KaSherlock@selectmedical.com	NA	Stefanie Gormly	sgormly@selectmedical.com
Norfolk	East	IP	Sentara Stroke Support Group	Brock Cancer Center 6251 E Virginia Beach Blvd Norfolk, Virginia 23502	Room 306 2nd Thursday of each month 6:00 PM-7:30 PM Eastern	Richard Booker, MSED	rbook005@gmail.com	(757) 282-1231	NA	NA
Petersburg	Central	IP	Petersburg - Encompass Health Rehabilitation Hospital	95 Medical Park Blvd	1st Monday of the month Noon-1:30 PM	Olivia Wilson, CCC-SLP	Olivia.Wilson@encompasshealth.com	(804) 504-8225	NA	NA
Richmond	Central	IP, V	Richmond - Sheltering Arms Institute Stroke Support Group	Sheltering Arms Institute 2000 Wilkes Ridge Drive Richmond, VA 23233	4th Wednesday of each month, 2:00 PM-3:00 p.m.	Jessica Gulizia, CTRS	Register here: https://shelteringarmsinstitute.com/conditions-and-services/stroke-rehabilitation/stroke-support-group/	(804) 578-6532	NA	NA
Richmond	Central	IP, V	Richmond - Encompass Health Stroke Support Group	5700 Fitzhugh Ave Richmond, Virginia 23226	Meets once a month on varying Fridays in the Meal Group Room or virtually, from 3:00–4:00 p.m.	Morgan Rowell	morgan.rowell@encompasshealth.com	(804) 288-5700	Natalie Ayares	natalie.ayares@encompasshealth.com
Richmond	Central	IP	Richmond Area Stroke Support Group for Caregivers, Survivors	Parham Doctors Hospital, 7700 East Parham Road Richmond, Virginia 23294	4th Thursday of each month, 3:30 PM - 4:30 PM Eastern, 4th floor therapy room	Sharyn Mann, MS	Jazzyjersey52@gmail.com	(804) 365-2357	NA	NA
Roanoke	SW	IP	Stroke and Brain Injury Support Group of SW Virginia	Lifetime Wellness Center. 1 Health Way Marion, Virginia 24354	2 nd Monday of each month, from 6:00 PM-7:00 PM	Christy Vaught & Hannah Caudill	kcvaught92@gmail.com	(276) 685-1205	NA	strokegroupswva@gmail.com
Roanoke	SW	IP	Brain Injury Arts Group	Carilion Clinic Institute for Orthopedics and Neurosciences 2331 Franklin Road SW Roanoke, VA	1st Wednesday of each month, Noon-1:00 PM Conference room 5, Level 2	Lisa Linger, Keeley Healing Arts Program manager	lmlinger@carilionclinic.org	NA	NA	NA
Roanoke	SW	IP	Brain Injury Arts Group	Carilion Clinic Institute for Orthopedics and Neurosciences. Click to Register: https://www.cvent.com/c/calendar/3a8e6d00-2833-47df-840f-b1316b857417	Virtual: 3rd Wednesday, 1-2 PM on MS Teams	Lisa Linger, Keeley Healing Arts Program manager	lmlinger@carilionclinic.org	NA	NA	NA

Vienna	NOVA	IP, V	The Stroke Comeback Center	https://strokecomebackcenter.org/	Caring Connection is currently meeting on Zoom every other week	Suzanne Coyle, CCC-SLP	info@strokecomebackcenter.org	(703) 255-5221	NA	NA
Virginia Beach	East	IP, V	Sentara Virginia Beach General Hospital Stroke Support Group	1060 First Colonial Road, Virginia Beach, Virginia 23454 Executive Board Room, First Floor	3rd Wednesday of each month 2:00 PM-4:00 PM . Friends, family, and caregivers are welcome.	Janice Taylor	janicetaylor104@gmail.com	(347) 752-1384	NA	NA
Warrenton <i>Serving Culpeper, Fauquier, Madison, Orange, Rappahannock, Warrenton</i>	NOVA	IP	Stroke Support Group at Fauquier Health	Address: 500 Hospital Dr Warrenton, Virginia 20186	2nd Wednesday of the month 12:00 PM - 1:00 PM Eastern	Mary Lee and James Materna	materna1@aol.com	(703) 244-7662, (540) 316-5000	Mehna Rajat	Rajat.Mehna@fauquierhealth.org
Winchester	NW	IP	Valley Health Stroke Support Group	401 Campus Blvd, Winchester VA 22601 Winchester, Virginia 22601	4th Tuesday of the month, 4:30 PM - 6:00 PM Eastern	Rhonda Ragan	rragan@valleyhealthlink.com	(540) 536-3397	NA	NA
Yorktown	East	IP, V	Riverside Stroke Support Group	250 Joseph Drive Yorktown, VA 23693	Meets on third Thursday at 10:30 am in person and on Zoom	Katie Sherlock, OTR/L	Kasherlock@selectmedical.com	757-272-0300	Stef Gormley, PT, DPT	Sgormley@selectmedical.com
STATEWIDE AND NATIONAL RESOURCES										
Based in NOVA	State	V	The Stroke Comeback Center	https://strokecomebackcenter.org/	Visit website for more information. https://strokecomebackcenter.org/	Suzanne Coyle, CCC-SLP	info@strokecomebackcenter.org	(703) 255-5221	NA	NA
Virginia / Statewide	State	V	Virginia: Statewide Virtual Brain Injury Support Group	For people living with brain injury, caregivers, family and friends.	Virtually on the 4th Tuesday of every month at 6:00 PM.	Contact Julia	julia@biav.net	804-355-5748	NA	NA
Virginia / Statewide	State	V	Virginia: Brain Injury Community Resource Directory	https://www.biav.net/resource-directory/	Search for support groups and more.	NA	info@biav.net	NA	NA	NA
National	National	V	National: Advocate Virtual Stroke Support Group	https://aah-org.zoom.us/j/95569645782?pwd=SmFBNpfzTbb59zGytpirFHsT0bui2d.1 1-312-626-6799 US Meeting ID: 955 6964 5782 Passcode: 545282	3rd Wednesday of the month, 4:00 PM - 5:00 PM Central	Kate Murczek, RN	Katherine.murczek@aah.org	(708) 684-5294	Sandra Parker	(847) 723-5943
National	National	V	Caregiver Action Network	https://www.caregiveraction.org/strokecare/	Information and support related to stroke caregiving. Talk with a real person for personalized guidance Mon–Fri, 8:00 AM–7:00 PM ET	https://www.caregiveraction.org/helpdesk/	Visit website.	855-227-3640	NA	NA
National	National	V	Find a Stroke Support Group Nearby (American Stroke Association)	https://www.stroke.org/en/stroke-support-group-finder	NA	NA	NA	NA	NA	NA
National	National	V	Stroke Family Warmline (American Heart Association)	NA	NA	NA	NA	Call us between 9:30 AM-6:00 PM. EST, M-F at 1-888-478-7653.	NA	NA